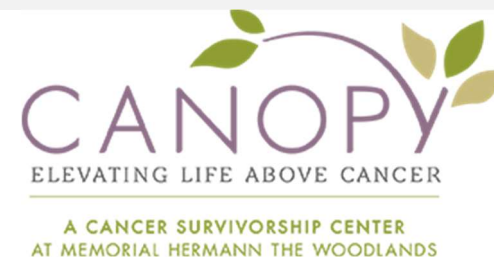


August 2025

***Hybrid**- the class will be offered in person & virtually.

***Zoom** -class will only be held virtually.

*This calendar is subject to change. Sign up for newsletter for latest updates.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
				1	2	3
				9AM- Breast Cancer Peer Support 9:30AM Chair Yoga 10AM Coffee & Support 10:30AM Mah Jongg 11AM- Nutrition in Action- Demo		
4	5	6	7	8	9	10
9AM- Gentle Yoga 9AM Spanish Intermediate(Zoom) 11AM- Gentle Strength- Pilates 1PM- Needlework Class 1PM- Pet Therapy (Layla)	9AM Spanish Advanced. (Zoom) 9am- Weight Training 10AM Virtual Yoga (Zoom) 10AM- Virtual Creative Writing 11AM- Restorative Yoga 12:30 PM Healing Art	9AM Spanish Intermediate(Zoom) 10AM Tai Chi 11AM Canopy Orientation 1PM Mah Jongg 3PM- TIRR Head & Neck Cancer Support (Hybrid)	9AM Spanish Advanced (Zoom) 9AM- Zumba 2:30PM- Meditation (Zoom)	9:30AM Chair Yoga 10AM Coffee & Support 10:30AM Mah Jongg 11AM Happily Nourished- Support		2PM Kids Cooking
11	12	13	14	15	16	17
9AM- Gentle Yoga 9AM Spanish Intermediate(Zoom) 11AM- Gentle Strength- Pilates 1PM- Needlework Class 1PM- Pet Therapy (Layla)	9AM Spanish Advanced. (Zoom) 9am- Weight Training 10AM- Virtual Meditation (Zoom) 11AM- Restorative Yoga 12PM Caregiver Support (Hybrid) 1PM- Drama Therapy 2PM- HEB Chef Connections	9AM Spanish Intermediate(Zoom) 10AM Tai Chi 10:30AM Spanish- Beginner 12PM Breast Cancer Support (Zoom) 1PM Mah Jongg 1:30PM Book Club	9AM Spanish Advanced. (Zoom) 9AM- Zumba 10:30am- Creative Reflections 12PM- Tacos & Tax Planning	9:30AM Chair Yoga 10AM Coffee & Support 10:30AM Mah Jongg 11AM Nutrition in Action- Demo	9AM Gentle Barre (Dance)	
18	19	20	21	22	23	24
9AM- Gentle Yoga 9AM Spanish Intermediate(Zoom) 11AM- Gentle Strength- Pilates 1PM- Needlework Class 1PM- Pet Therapy (Layla) 6PM Widows Connection	9AM Spanish Advanced. (Zoom) 9:30AM- Weight Training 10AM- Virtual Meditation (Zoom) 10AM- Virtual Creative Writing 11AM- Restorative Yoga 12:30PM Healing Art	9AM Spanish Intermediate(Zoom) 10AM Tai Chi 12PM Cancer Education Lecture 1PM Mah Jongg 2PM Canopy Orientation 5PM- Survivorship Education Zoom	9AM Spanish Advanced. (Zoom) 9AM- Zumba 11AM- Empowered Healing	9:30AM Chair Yoga 10AM Coffee & Support 10:30AM Mah Jongg 11AM- Happily Nourished- Support		
25	26	27	28	29	30	31
9AM- Gentle Yoga 9AM Spanish Intermediate(Zoom) 11AM- Gentle Strength- Pilates 1PM Needlework 1PM- Pet Therapy (Layla) 5:30PM Life In Between	9AM Spanish Advanced. (Zoom) 9am- Weight Training 10AM- Virtual Meditation (Zoom) 11AM- Caregiver Restorative Yoga 12PM- Keyes Ingredients 1:30PM- Look Good Feel Better	9AM Spanish Intermediate(Zoom) 10AM Tai Chi 10:30AM Spanish- Beginner 12pm Survivorship Support Group 1PM Mah Jongg	9AM Spanish Advanced. (Zoom) 9AM- Zumba 12:30 PM Cancer Support (Spanish)	9:30AM Chair Yoga 10AM Coffee & Support 10:30AM Mah Jongg 11:30AM Men's Lunch		

Breast Cancer Support Group (Zoom) Every 2nd Wed 12-1pm – Contact Shernette Sherrill, MSN Ed, BSN, RN, PHN for zoom link #713-897-4668 or email Shernette.sherrill@memorialhermann.org

Caregiver Support Group (Hybrid)

Meeting ID: 915 9859 2743 Passcode: 560843

Spanish Classes with Clotilde: Intermediate, & Advanced Beginner (Zoom)

Please email Clotilde for zoom link tilde.lake@gmail.com

The Keyes Ingredients with Michelle Keyes (Hybrid)

Zoom Meeting ID: 958 6921 4199 Passcode: 009770

Creative Writing - Survivorship Education - Survivorship Support Group – Contact Lindig Family Resource Center at lindig@memorialhermann.org or by phone at 713-424-2848

Gentle Yoga with Nuchapan (Zoom)

Meeting ID: 960 2646 2478 Passcode: 560377

Meditation with Nuchapan (Zoom)

Meeting ID: 966 5794 8806 Passcode: 551981